



# Quentin Lafont

Digital project manager

Tokyo, Japan

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in/quentin-lafont

## About me

I am 25 years old and recently graduated with a double degree in digital strategy and a Web business MBA. I have nearly 3 years of experience thanks to various internships and apprenticeships.

The diversity of my missions reflects my versatility, and my willingness to discover new tasks and use new tools to meet the needs of companies.

Thanks to international work experiences, I have an excellent level of English and a facility for adaptation and I am used to leaving my comfort zone.

## PROFESSIONAL SKILLS

**Hard skills**

- Digital strategy
- Customer support
- Employee training
- Project management
- Powerpoint/presentation
- E-commerce
- Internal communication
- WordPress
- Emailing
- Product knowledge

**Soft skills**

- Teamwork
- Reliable
- Adaptable
- Autonomous
- Organised
- Curious
- Learns quickly
- Motivated

## INTERNATIONAL

**Internship (6 months)**  
Montreal

**Classes (2 months)**  
London, Stockholm  
Montreal, Singapore

## LANGUAGES

- FRENCH**  
Mother tongue
- ENGLISH**  
Fluent  
TOEIC : 960
- JAPANESE**  
~N3

## HOBBIES & INTERESTS

- Horology
- Audiophile
- Photography
- Bodybuilding

## EXPERIENCES

- August 2019 - August 2021**  
**DIGITAL DEVELOPMENT ASSISTANT** (apprenticeship)  
Institut Paul Bocuse, Écully
- October 2018 - April 2019**  
**COMMUNITY MANAGER** (apprenticeship)  
L'Arom (Le Mondial des Métiers), Lyon
- February 2018 - August 2018**  
**DIGITAL PROJECT MANAGER** (internship)  
NAOS Group (Bioderma & Institut Esthederm), Montreal

## PART-TIME JOBS

- October 2022 - July 2023**  
**WAITER - BARTENDER**  
The Front Room Marunouchi (HUGE)  
Tokyo, Japan
- 2016 - 2019**  
**BAKERY SALESPERSON/PREPARER**  
L'Atelier du pain  
Vénissieux, France
- 2014 - 2016**  
**KITCHEN CLERK/DISHWASHER/WAITER**  
Riso Amaro,  
Lyon France

## EDUCATION

- 2022-2023**  
**ARC Academy Shinjuku** | Tokyo  
Japanese language school
- 2016-2021**  
**ESSEN** | Lyon  
Digital Strategy Master - MBA Web business